

TYPOGRAPHY

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Body Intro Text 30 Regular

Body Intro Text 24 Regular

Body Main Text 20 Regular

Medium Text 17 Regular

Caption Text 15 Regular

Small Text 13 Regular

COLORS

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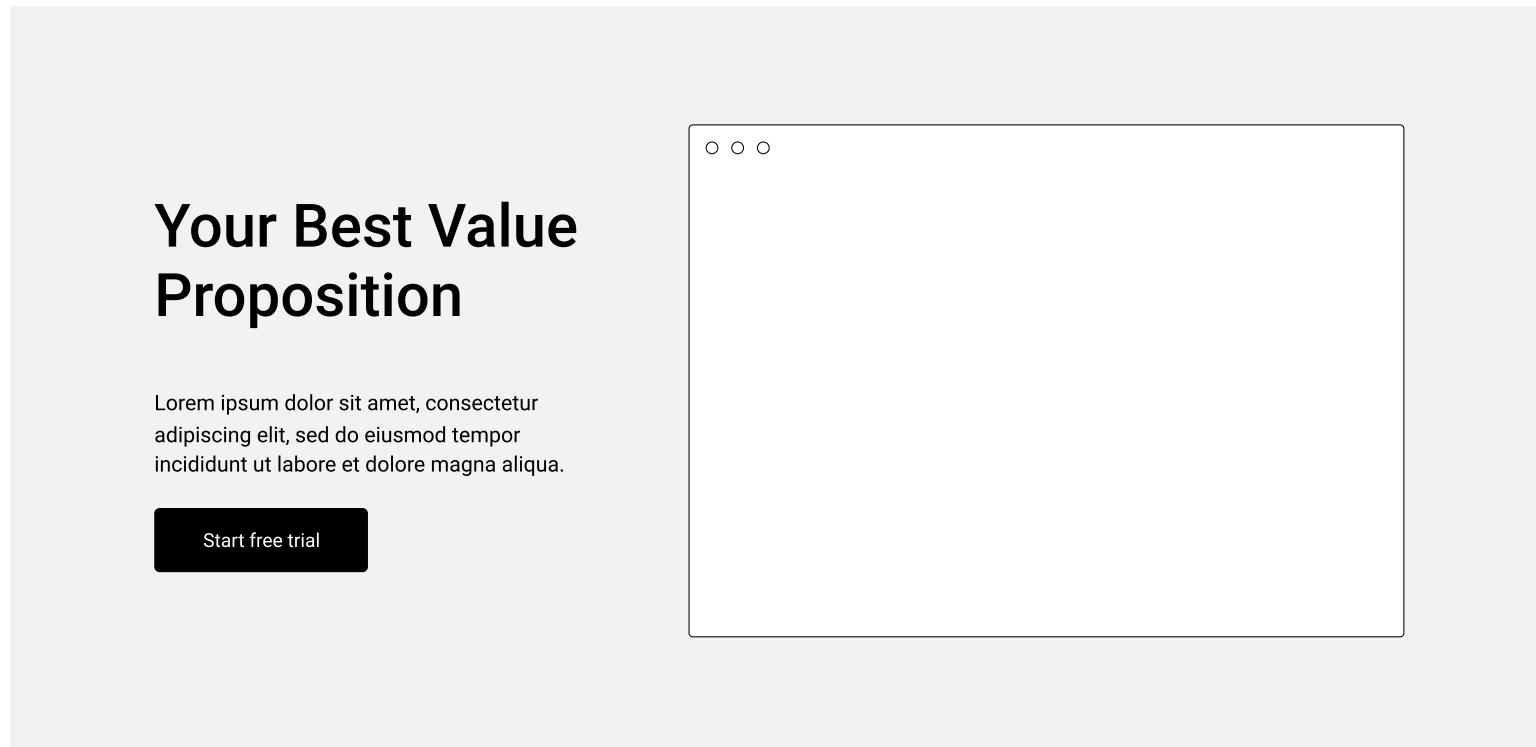
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DESCRIPTION

Jakub Tofil is a personal trainer who has individual workouts, workout plans, and nutrition plans to offer. His website provides a concise and accessible way to familiarize with his offer and to contact him in order to start cooperation.

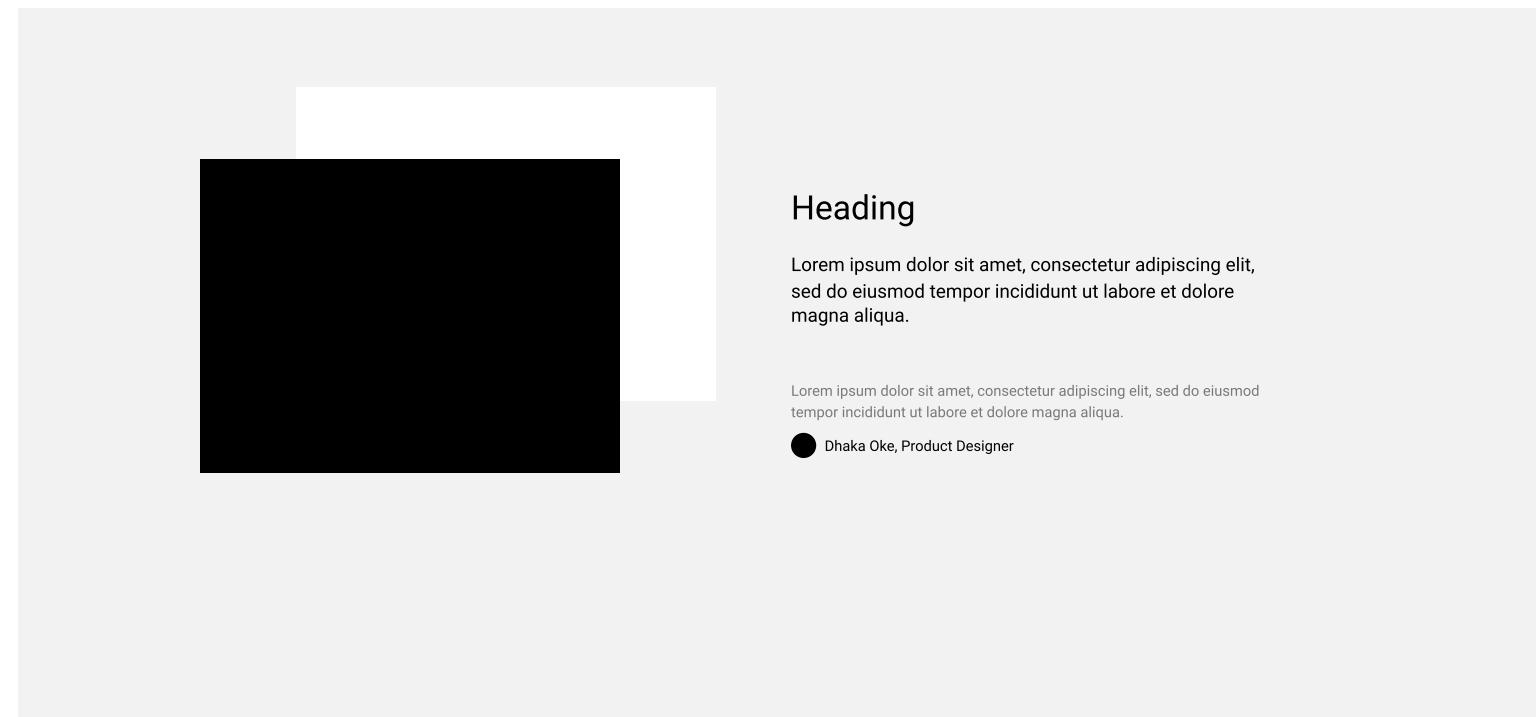
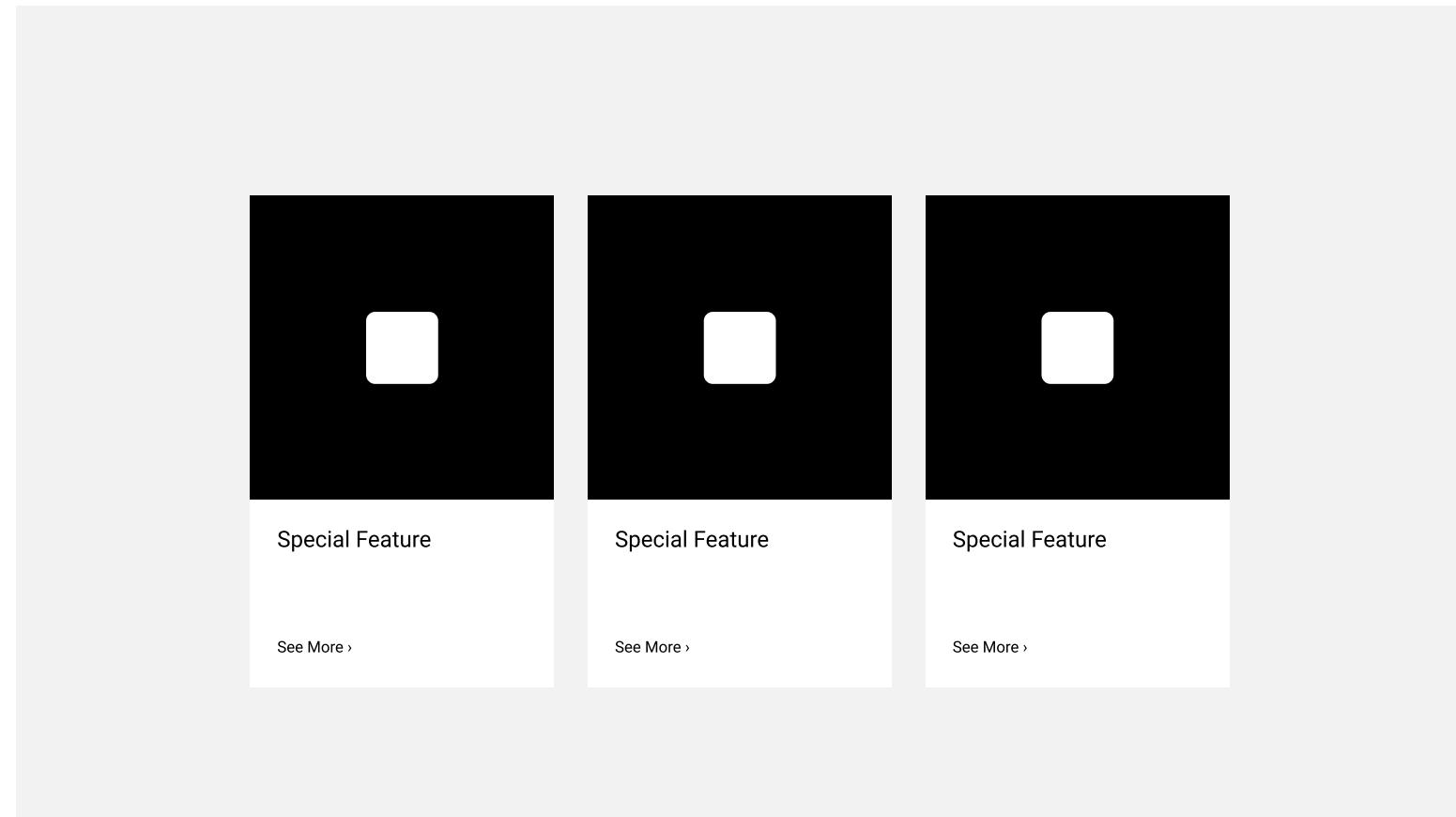
WIREFRAMES



Your Best Value Proposition

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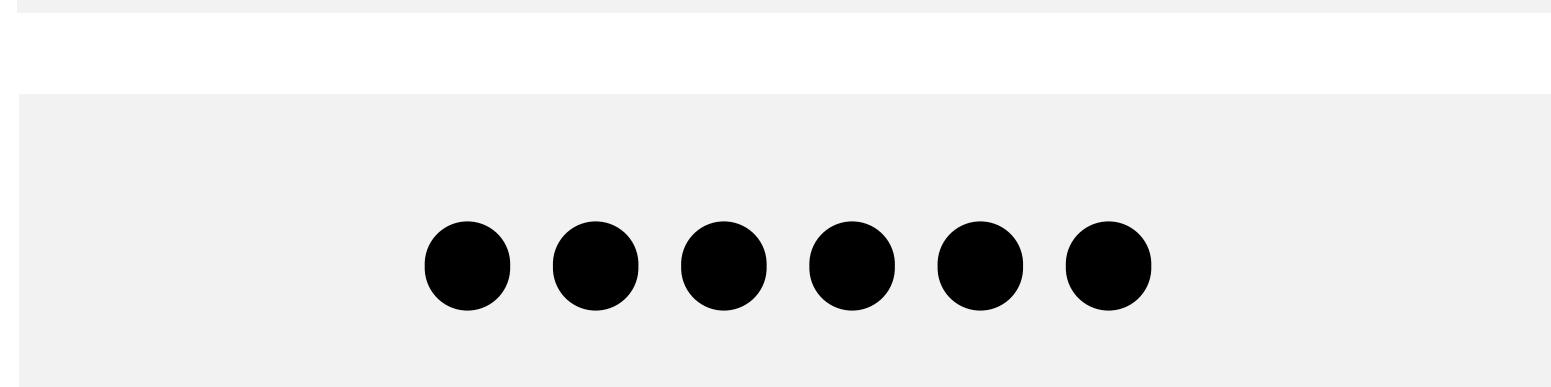


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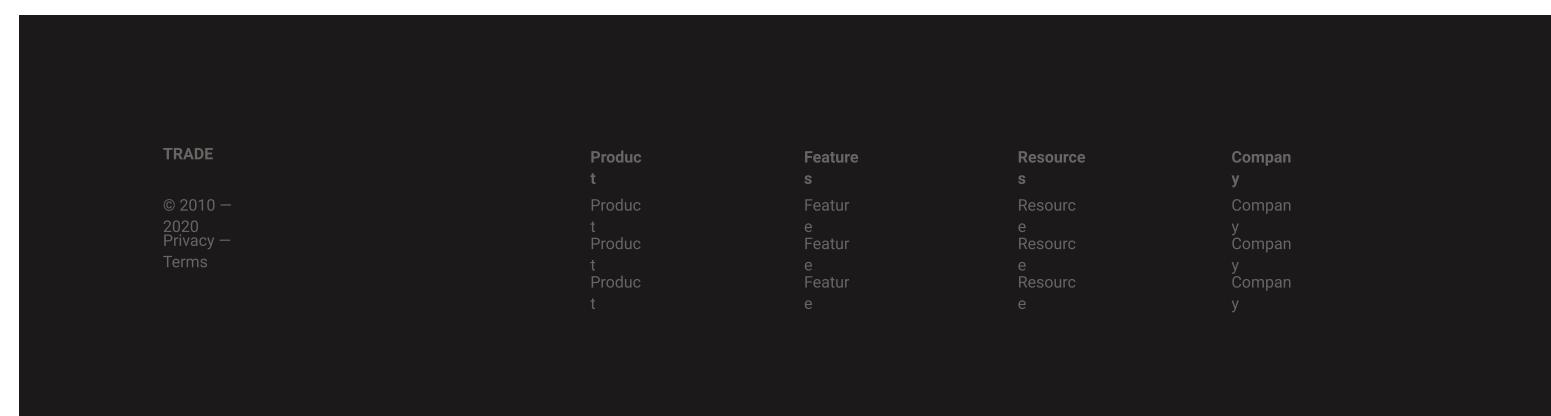
Dhaka Oke, Product Designer



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Dhaka Oke, Product Designer



HIGH FIDELITY MOCKUP

PUSH THE LIMITS

WITH ME

[Check me out →](#)

IF YOU WANT...

✓ strengthen your body and mind

✓ find a passion that you will love

✓ improve your health and well-being

✓ get motivated to change your life

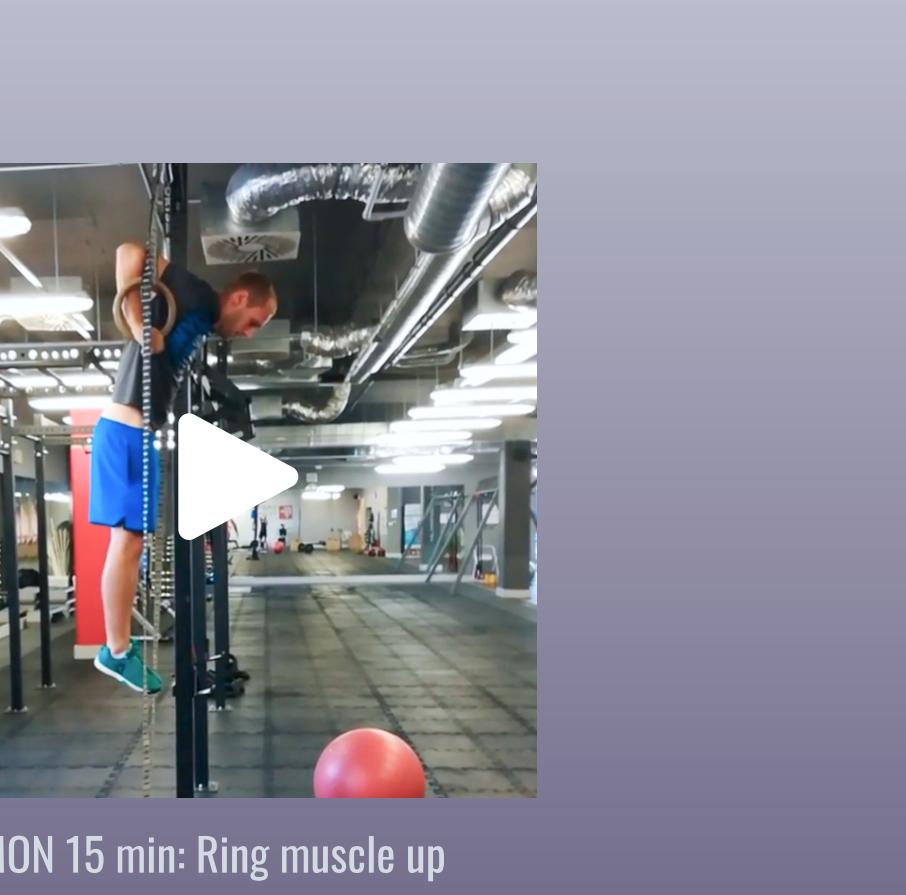
✓ prepare for competitions

you are in a good place!

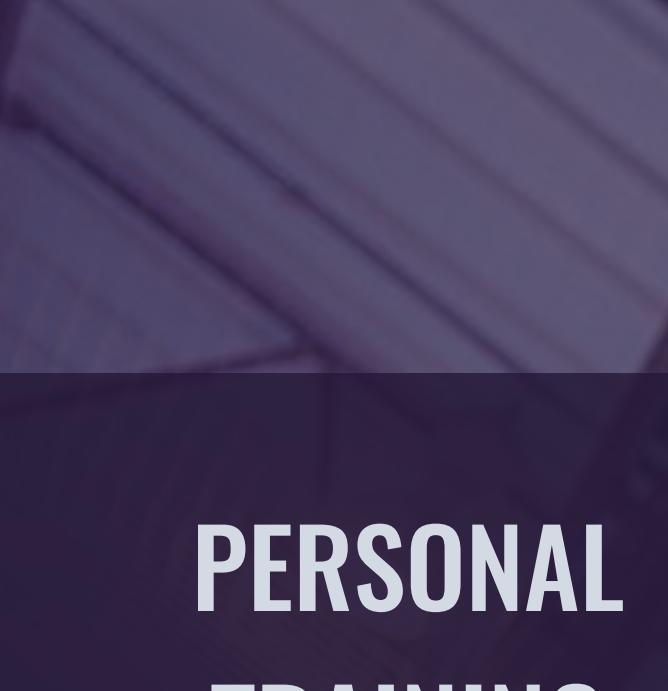
ABOUT ME

My name is Jakub Tofil and I am a personal trainer, a graduate of the Academy of Physical Education in Poznan with a specialization in Physical Education.

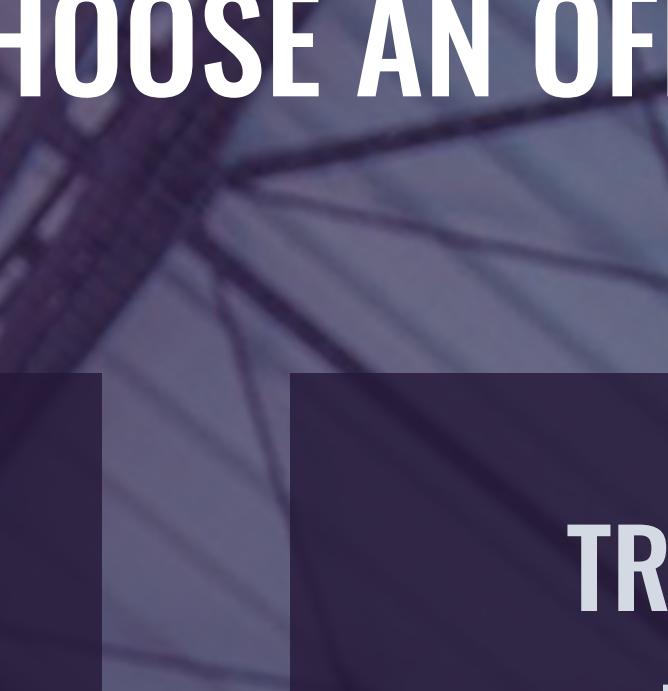
From an early age my passion was sport. I have 10 years of experience in conducting group and personal training. I am constantly developing my knowledge at training sessions, sports competitions and during everyday work with people.

[Read more →](#)

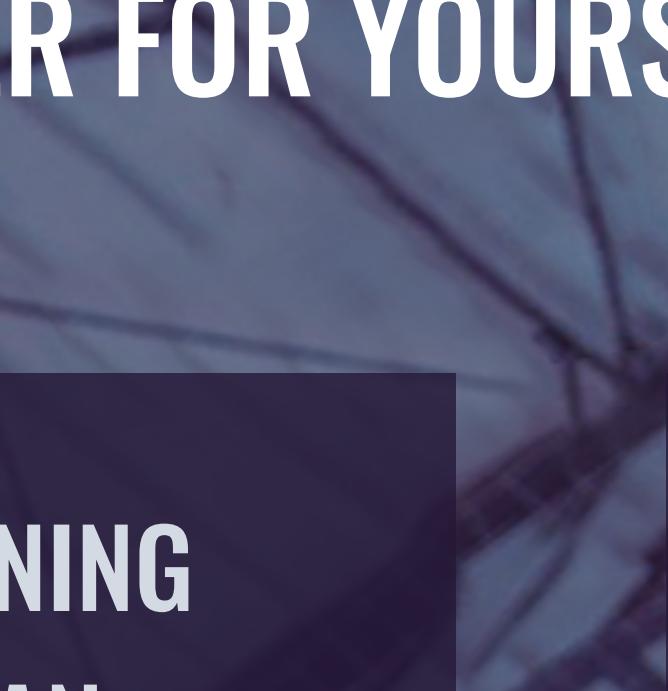
WORKOUTS



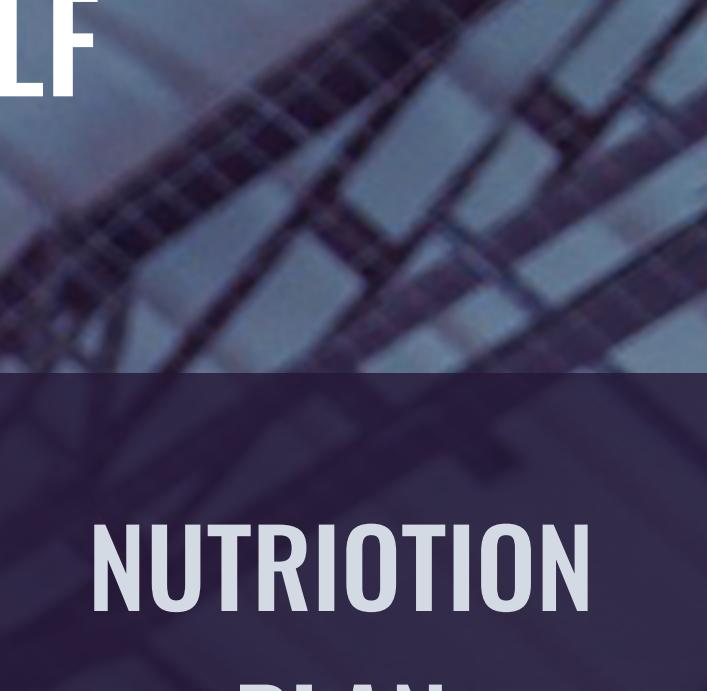
SNATCH COMPLEX: Hang Squat Snatch



HIIT WORKOUT 30 min: Kettleball



EMON 20 min: Ring swing with hip pull



EMON 15 min: Ring muscle up

CHOOSE AN OFFER FOR YOURSELF

PERSONAL TRAINING

- monitoring the technique of exercising and ensuring your safety
- motivation to work

[Read more →](#)

TRAINING PLAN

- Ongoing contact and support throughout the duration of the cooperation
- interesting and satisfying program matching your goals

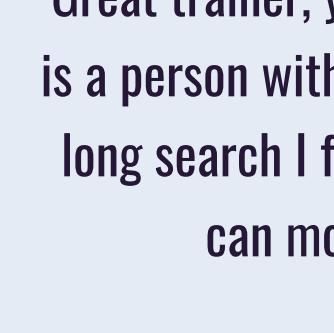
[Read more →](#)

NUTRITION PLAN

- individually composed diet and supplementation focused on you and your needs

[Read more →](#)

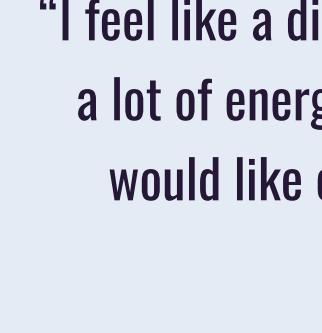
FEEDBACK FROM CLIENTS



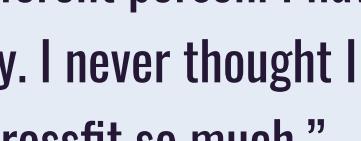
Piotr



"Great trainer, you can feel that this is a person with experience. After a long search I found someone who can motivate me."



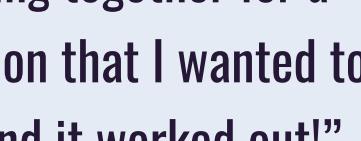
Adam



"I feel like a different person! I have a lot of energy. I never thought I would like crossfit so much."



Julia



"I started working together for a crossfit competition that I wanted to participate in. And it worked out!"